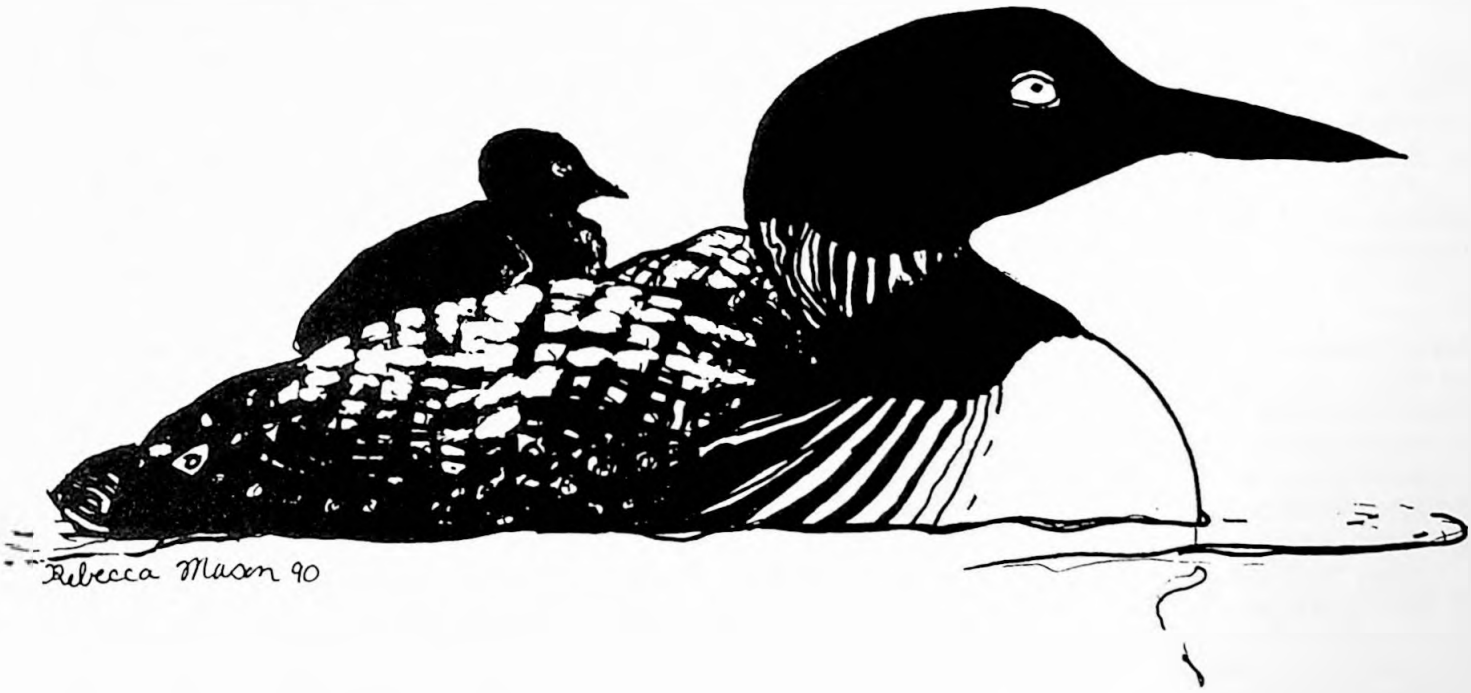
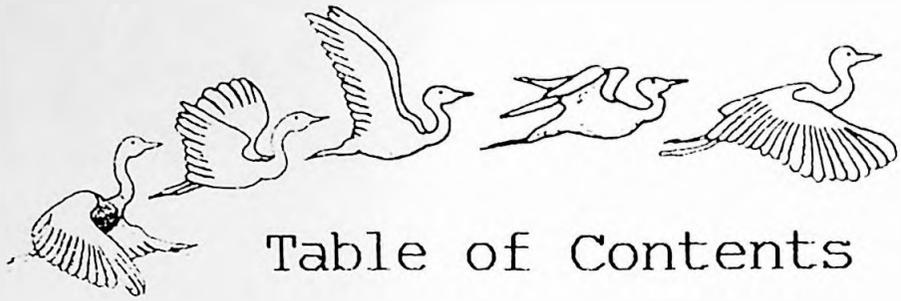
Ec-Sense

AEHAC

The Allergy and Environmental Health Association of Canada
Ottawa



Spring 1990



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SUBMISSION DEADLINE FOR SUMMER ECO-SENSE IS JUNE 30TH.

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WATCH FOR THESE ARTICLES IN OUR NEXT ISSUE

"Head Start" Book Review
Severe Headaches from Bright Lighting
Communicating with Your Doctor

Note: Advertisements do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

President's Message

Times change.

We're being heard now. The reasons are many - many of us who are working for change, and more and more others who have listened and joined in to help.

For a time, we were told that personal dignity and human rights, our reputations and acceptance in the community would only come after scientific validation. Gradually we are returning to a more honorable and traditional approach, where peoples good reputations and dignity are assumed until science proves otherwise.

Governments, doctors, and to some extent our own spokespersons had the cart before the horse. For while research helps explain and deal with problems, it must never be given more importance than human and social concerns.

Consider our history. It has not been the scientists and researchers who have brought progress on the issues relating to our needs as consumers. It has not been the academics, who deliberate interminably. It has been the people affected who have moved the issues forward.

Social Services fights, the first in our area by Jean Metcalfe of Smiths Falls, forced the Ontario government to rethink its policies on environmental sensitivity. Jean won the first Ontario disability assistance in 1983. The next year George Thomson's committee was appointed. People on welfare fought for subsidized housing and turned the Ministry of Housing around; now home owners get renovation grants. People who've had to fight to survive have improved the situation for everyone else.

More recently, bureaucrats and politicians have helped as well. Dr. Bruce Halliday, M.P., and Max Yalden, Chief Commissioner of the Canadian Human Rights Commission, acting on the basis of representations by people affected (not scientists or the medical profession) have been the two people most responsible for turning around Health and Welfare.

Nancy Lawand, of the Secretariat for Disabled Persons, has also been trying to help. She describes our problem in three parts - the medical cause, the resulting disabilities, and the environment that needs to be adapted. She has commented that we seem trapped in arguments about the first part, when it's really the second and third parts that we can do something about <u>now</u>.

Most important, the organization is coming of age. No longer dominated by care givers, the Allergy and Environmental Health Association is becoming a true consumers organization. No longer isolated and under seige, it has found the courage to include advocacy as a goal. No longer spurned, gradually we are being embraced by society.

If you had an issue you thought should be dealt with in the past, but were uncomfortable with the frustrations involved, its time to reconsider. People are not only listening, they're beginning to act.

Times change.

Chris Brown
President - Ottawa Branch

ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION (OTTAWA)

BOARD OF MANAGEMENT

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PUBLICITY	Pat Gorgas	224-0801
INFORMATION/EDUCATION	Virginia Salares	839-5667
NEWSLETTER	Penny Corbin	225-1462
FOOD	Stephane Lecouffe	(819)648-5864
COMMUNITY SERVICES	Grace Crout	725-9477
MEMBER AT LARGE	Leslirae Rotor	830-7968

CONTACT NUMBERS

TELEPHONE CO-ORDINATOR	VACANT	
AIR CLEANER CO-ORDINATOR	Barbara Bellin	238-2403
WORKSHOP CO-ORDINATOR	VACANT	
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BOOK LIBRARIAN	Suzanne Talbot	591-1860
TAPE LIBRARIAN	Pat Gorgas	224-0801
BOOK ACQUISITION LIBRARIAN	Leslirae Rotor	830-7968
CORRESPONDENCE SECRETARY	Johanne Falardeau	837-7173
SOCIAL ACTIVITIES CO-ORDINATOR	Beverley McCulloch	832-2303

Branch News

NOUVELLES DE LA BIBLIOTHEQUE
Santé no 56, mars 1990 (SPM, fatigue, autoguérison, vitamines, chou, tartinades E.D. Smith, environnement)
Santé no 55, février 1990 (exercice anti-stress, chiro, environnement, nutrition)
L'Actualité, février 1990, p. 97, Êtes-vous SAD? (seasonal affective disorder)

LIBRARY NEWS
Seizure drug blamed for lowered IQs (Citizen, Feb. 8,1990)
L-Tryptophan Health Scare, National Enquirer.
IF THERE IS A PARTICULAR BOOK YOU FEEL THAT THE OTTAWA AEHA LIBRARY SHOULD HAVE, PLEASE CONTACT LESLIRAE ROTOR AT 830-7968 TO MAKE THE SUGGESTION. SUGGESTIONS WILL BE CONSIDERED BY THE EXECUTIVE AND, IF SELECTED, WILL BE ORDERED, CATALOGUED AND WILL (EVENTUALLY!) BE AVAILABLE IN THE LIBRARY. THANKS FOR YOUR THOUGHTS.

AIR CLEANER INFORMATION
I have prepared a large binder of information on air cleaners, which is available for loan to AEHA members. It includes product information from 10 or more companies, plus photocopies of many articles and book excerpts from unbiased sources.
Initially I would like to limit the loan period to one week, as several people are already waiting for the material. To reserve, call Barb Bellin at 238-2403.
The AEHA also has a Tibbits air cleaner which may be rented at $10/week for up to 3 weeks; call the above number for details.

WILD GAME
AEHA has wild game (red meat) for those who are sensitive to meats that are in most grocery stores (chemicals). Please contact Stephane Lecouffe at our monthly meeting for information on how to obtain this meat. Cost is $2 per lb.

COMMUNITY SERVICES COMMITTEE
Grace Crout, Chairperson, would like to hear from members about their concerns, problems, solutions in dealing with OC Transpo, hospitals, educational institutions, OHIP, GSMIP and workplace accomodation problems including air quality. Also, anyone experiencing difficulties in obtaining disability insurance payments.

MEMBERSHIP COMMITTEE
Marianne would like members to check their address labels for the expiry date of their membership. At least 50 members have not renewed for Dec., Jan., and Feb. She will have no choice but to remove your names from our mailing list which would mean NO MORE ECO-SENSE. Please check back cover of newsletter for payment schedule.

CLASSIFIEDS

WANTED
Our organization needs old flat bed sheets to be used for table cloths at our Pot Luck Suppers. If you can donate one or more, please call Bev McCulloch at 832-2303.

FOR SALE
Allergy Control double mattress cover and pair of standard pillow covers. Brand New. Nystatin, bottle of 5000 I.U., newly acquired; Alka Selzer Gold, 3 packages of what amounts to 62 tablets. Prices Negotiable. Call Louise at 235-6530.

FOR SALE
Kyolic Super formula 104, 90 caps, $13 (2); Ultralife Duotrate, 60 tabs, $12.80; Ultralife Zymotrate, 120 caps, $20.50; Synergistics Liqui-phos, 60cc, $8.50; UltralifeGerselium,90tabs,$13;Ultralife Photoplus, 60 caps, $9. Phone Johanne, days,837-7173.

WE GET LETTERS.....

"After reading the article in last Sunday's Ottawa Citizen "No Toxins Allowed" by Sharon Kirkey and after talking with Mrs. Salares please accept my donation to fight your cause. Many thanks." John Michaud.

"I am now maintaining a sense of wellness but very easily get ill again if I don't watch what I do and eat and where I go. The newsletters do help a lot and keep me in touch with others who have EI. I know I'm not alone. I want to thank you and the others who have been a help to me in the past **especially Chris Brown.** If there is anything I can do to help from my home, I am willing to do so. Thank you ever so much. God Bless." Yours truly, Jean Metcalfe.

EDITOR'S NOTE: Jean Metcalfe is a long-time member and friend to many in AEHA. She has qualified for both CMHC and Ontario Ministry of Housing Grants through which her woodstove has been replaced by electric baseboard heating and some finishing work is being done to close off mouldy areas in her house. Good Luck, Jean.

We received a charming letter from a young student at Osgoode Public School. She embellished her notepaper with the most delightful illustrations which we cannot duplicate here. "I'm a grade three student at Osgoode Public School. Thank you for the information on Allergy and Environmental Health Association." Thanks, Tammy.

ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION
OTTAWA BRANCH

STATEMENT OF RECEIPTS AND DISBURSEMENTS FOR THE YEAR ENDED DECEMBER 31, 1989

CASH ON HAND AND IN BANK, JANUARY 1, 1990		$ 3,126.09
Add: Receipts		
Eco-sense, sale of copies	179.00	
Membership fees	2,365.00	
Donations (including Trillium and HUFFI grants)	7,848.02	
Advertising	575.00	
Education (excluding workshops)	50.00	
Air Cleaner	205.00	
Wild Game	560.75	
Food Supplies	840.00	
Education (workshops)	982.00	
Miscellaneous	133.90	
Bank interest	515.25	
Flea market	163.60	
Total		14,417.52
Trillium Fund and interest remaining in separate account (282.34 + 7.14)	289.48	
TOTAL RECEIPTS		17,833.09
Less: Disbursements		
Eco-sense	4,672.27	
Membership	731.06	
Promotion and Publicity	346.48	
Library, tapes & books	56.00	
Guest Speaker	208.92	
Social	107.71	
Quarterly	157.38	
Postage	761.34	
Wild Game	95.43	
Air Cleaner	149.13	
Executive & Secretary	63.43	
Education(excl.workshops)	1,501.15	
Education(workshops)	936.29	
Food	645.00	
Bank Charges & Treasurer	124.89	
Miscellaneous	39.54	
TOTAL DISBURSEMENTS		10,596.02
CASH ON HAND AND IN BANK, DECEMBER 31,1989		$ 7,237.07

Dear Professor Belsen:

I am writing to you regarding the topic for my doctoral thesis in social anthropology.

As you are aware, many mediaeval bestiaries contained information about the Arthropopagae, who were creatures so sensitive that they could be killed by a seemingly-innocuous smell. It was thought that they had become extinct back in the 18th century. However, incredible as it seems, I have discovered a surviving colony of them in Ottawa, the capital of Canada.

Over the centuries, the Arthropopagae have mutated until they look virtually like human beings: a case of parallel evolution, as it were. But they still have their fatal weakness - a goodly stench reduces them to jelly.

On my last foray to Ottawa, I had the great good fortune to stumble upon an Arthropopaga. It was a female, quite young, relatively attractive in a human sort of way, slim and soft-spoken. She was, at first glance, just another human female, whom I had encountered in the Public Archives. We struck up a conversation over an article on electromagnetic radiation, which she planned to copy for a friend in Toronto, also an Arthrop.

As our conversation progressed, I became aware that she was attempting to stand upwind of me, as it were, and that if I changed position she would move so as to maintain her stance relative to mine.

Now, I had just had a bath that morning, so I was sure that it was not my personal body odor that was causing her odd behavior. After all, I wear a masculine-smelling deodorant so that I can always be sure of my personal freshness. I had on a recently dry-cleaned sweater; my shirt and socks were clean, underwear fresh that morning, and I had personally laundered my wash-and-wear trousers.

I could not understand it. She was acting as if I smelled bad! I knew it couldn't be my breath - I had just sucked a Cloret in anticipation of our conversation.

Deliberately I moved so as to have the breeze from a large floor fan play over me to her. Imagine my amazement when she started to sway and turned green; then her eyes rolled up in her head as she slumped to the floor. I hastened to catch her before she fell on the tiled floor and cracked her head, but she writhed away, retching.

I backed off and stood downwind of her, and she gradually seemed to recover.

"What on earth is the matter?" I cried, "I don't usually have that effect on women."

"It's not you," she gasped, "it's just that I am so very allergic to the fabric softener that you've used on your clothes. They must have just come out of the dryer - I'm sorry, but we simply cannot have anything more to do with each other, or you will kill me."

Aha! I KNEW what I was confronting: a real, genuine Arthropopaga! When I challenged her, she was forced to admit it. The Arthrops had hidden for centuries, always joining

political parties devoted to the cause of clean air, always fighting for the future of their unfortunate progeny. They struggled against the base selfishness of humans, whose xenophobia had led them to create unthinkable stenches for the sole purpose of exterminating the Arthrops. My specimen was terrified. She felt that by having been discovered she could be the cause of the final genocide of her race.

I promised that I would not tell a soul, and would bear her secret to my grave. Yet, to have unearthed the still-living remnants of a species thought to be extinct: it can serve to launch me on a meteoric academic career. My own future hangs in the balance. Please rush your approval of this subject as the topic for my Ph.D. thesis, so that I may begin immediately.

Yours very truly,

Maxwell Odourall

P.S. I have decided to open a Laundromat providing really strong smelling fabric softener given away free, as a means to drive the Arthrops out into the open. They will be forced to protest, and thus I will be able to discover where they are hiding and study them at my leisure.

Concocted by Hilary McCarthy and Barb Bellin

EDITOR'S NOTE: This is a nice bit of whimsy. Will we hear more from Mr. Odourall?

CONNAISSEUR SERVICES

Location/Achat
Refroidisseur
D'eau

Rental/Purchase
Water Cooler

243-4221

Home Delivery
Livraison à
domicile

OTTAWA CHEMISTS CLINIC PHARMACY

.....more than a drug store!

192 Laurier Avenue West
(in the Liberal Centre, 200 Laurier Avenue West)
Ottawa, Ontario
K1P 5J8

613-235-3993

The Tester Program

One of the problems which people with environmental hypersensitivity have (among a multitude of others) is the purchasing of nutritional supplements and subsequently discovering that they cannot tolerate the product for some reason. The result is many, many bottles of supplements collecting on a shelf somewhere with only a few used. This practice is expensive and wasteful but until now it was an unavoidable burden associated with nutritional supplementation therapy for ecological type illnesses. It is time to address this wasteful problem.

Although we cannot offer this program for every single product we sell, OTTAWA CHEMISTS CLINIC PHARMACY is now offering, for sale, small quantities of our private brands and major sales items, for a testing opportunity, for a small premium over the regular selling price.

Here's how it works....Say you want to try a vitamin E 400 IU natural product and our Habervites brand costs $11.95/100 caps. The product is a lot of money and you are worried that you may not tolerate the item. You can now buy a "tester size" which we will make up for you for a premium added to the pro-rated price to cover the cost of the effort. In this case the cost would be $1.80/10 caps. Though the 10 capsules are more costly per capsule, the risk of first purchase to see if you can tolerate the product you wish to try is very much reduced.

Insurance coverage

Nutritional supplements can be costly and the common ones are usually not covered by insurance plans.

If you are an Ontario Drug Benefit (ODB) recipient many of these products can be made to be covered by this plan with the help of your physician. (Did you know that some herbal products can be covered by ODB?)

Call anytime to arrange an opportunity for us to review your supplements so eligibility for ODB coverage can be achieved.

This service is also available for those who have other insurance plans (eg. Blue Cross, P.C.S., etc.)

Nutritional supplements on prescription

Always get prescriptions for your nutritional supplements. Products on prescription cost no more, improve the quality of your health care monitoring, and may provide you with valuable tax deductions or credits (if they cannot be reimbursed by insurance plans.)

Our ongoing sale

Buy any 5 of the same nutritional supplement price and obtain a 25% discount. People should group together and save. It's sensible, sociable, and thrifty!

We hope you like our programs and services. Your comments and suggestions are always appreciated.

Community Links

OTTAWA - A PESTICIDE-FREE ZONE?

On Dec 13/89 the following draft resolution was compiled by the Environmental Advisory Committee of the Community Services and Operations Committee of the City of Ottawa:

WHEREAS over the last 2 decades the use of pesticides has increased alarmingly, some estimates suggest a greater than twelve-fold increase, and
WHEREAS the use of pesticides has been proven to significantly damage our health and our eco-system, and
WHEREAS action is needed now,
Therefore be it resolved that the City of Ottawa declare itself a pesticide-free zone.

Grace Crout and Joan Jubb for AEHA and John Sankey from PEN (Pesticide Education Network) made representations in favour of this resolution.

On February 14, 1990 this resolution was put to the Community Services and Operations Committee who heard delegations including Nils Jensen (Chairman of the Environmental Advisory Committee), Grace Crout, and Joan Jubb. Mr. Jensen told the committee that the city can elect to stop using pesticides and then consider putting limitations on the lawn companies. He warned against spending years studying the issue as it is a motherhood issue and does not need a lot of study. By passing the resolution the city would be taking a symbolic step to show that it cares about our environment.

Joan told the committee that she was environmentally hypersensitive. She also attributed the illness of a family pet to the spraying of lawns. She urged the committee to pass the resolution.

Grace made representations on behalf of AEHA. She recounted her experience with a neighbour using a herbicide which drifted onto her property causing her to become ill. An analysis by the Ministry of the Environment indicated Killex had been used, but no action could legally be taken against the neighbour. She concluded by asking the committee, on behalf of AEHA, to show leadership and vision and declare Ottawa a pesticide-free city.

If you live in the City of Ottawa, contact your alderman and tell them of your concerns. Apparently cost, maintaining esthetic parks and viability of large scale maintenance are the primary concerns of the committee. It appears that although the committee knew about insecticidal soaps, they seem to be unaware that beneficial insects can be purchased or that natural pest controls such as organic biological insecticides are available.

It was unfortunate that Grace was unable to encourage more AEHA members to speak to the committee. If Ottawans want a pesticide-free city they are going to have to tell their aldermen and provide them with information as to how to do it. Grace has offered to compile a list of people who want a pesticide-free city and send that list to City Hall. Call 725-9477 and register today. NUMBERS DO COUNT.

GREEN PRINT DAY

On February 24th, the Continuing Committee of the Ottawa Board of Education provided a forum in which people could come together to present their views on the environment to the leaders of our community. The objective was to investigate the current state of affairs in Ottawa-Carleton and prepare a list of priorities for a follow-up to the round table in the Spring. Carleton University's new President, Dr. R. Farquhar, delivered opening remarks to participants. He wanted participants to share as much information as possible so that the best possible list could be considered to bring forward to the round table. He feels that Canada has the most to lose if we let the environment go down the drain and the most to gain if we solve environmental problems and that Canada must set leadership for the world. Carleton University is establishing a Task Force, a co-ordinated joint effort, to make Carleton more environmentally responsible. We were pleased to hear that Carleton has recently approved a bachelor's degree in Environmental Science.

Some members of AEHA Ottawa attended this day-long series of workshops and the following is their commentary:

Workshop 1 - Water Quality
The speakers for this workshop were Bob Dunn, Ministry of the Environment and John Gould, Regional Municipality of Ottawa-Carleton. Both speakers spoke to the problem of storm water runoff, into our rivers, particularly the Rideau Waterway and thus our drinking water. Sources of the pollution include runoff from roofs, laneways, pet wastes, chemical lawn treatments, agricultural chemicals, etc. It was suggested that storm water could be treated at night when the treatment plants are not under heavy use. Storm water could be diverted and then fed to the treatment plants. Streetsweeping, litter, pet, subdivision, and agricultural controls were suggested.

Workshop 2 - Local Transportation Issues and Alternatives for the Future.
Don Stephens, Transportation Planning Dept - R.M.O.C. gave a slide presentation of traffic profile changes from 1974 to 1988. Unfortunately, no environmental issues were raised. Brett Dalmage from Citizens for Safe Cycling, commented on the physical fitness and mental well-being achieved by cycling to work besides the beneficial effects on the environment. Apparently only 2 to 3 per cent of commuter trips are made by bicycle. Problems encountered range from inadequate parking for bicycles to inadequate shower opportunities in the work-place. He quoted the latest study made by the Policy Planning Branch of the Ontario Government (1981) as stating that the Ministry should not fund the bicycle as a viable means of transportation.
A third speaker was planned but inadequate chairing of the workshop did not allow time.
On the whole, a very disappointing presentation of environmental concerns surrounding transportation in the city.

Workshop 3- Responsible Gardening.
Cecelia Paine presented a very interesting talk on the role of plants in urban living. Following are some of the points she made:
- Plants link us with our eco-system and are responsible for exchange of carbon dioxide and act as air filters.
- The average white pine or maple tree takes at least 1/2 ton of carbon dioxide from the atmosphere.
- 30 to 40 plants supply the oxygen requirements for 1 man.
- trees and grass cut down on dust levels, serving as filters.
- trees have the ability to control solar radiation, control wind, prevent erosion and control noise in urban areas.
- Plants help to control pollution.

What we can do as responsible citizens is have less lawn, when selecting plants remember to consider the eco-system in our own yards and replace trees.
Jeff Harrison, from Urban Naturalists, said we should make better use of our parklands. They are used primarily for sports. He cited North York as implementing 16 naturalized parks that use bark paths instead of asphalt, natural vegetation, and are not managed but let go natural. He would like to see more eco-systems in the city like those in Edmonton, Oakville and Vancouver. He feels that wild-life corridors should be maintained and the Greenbelt in Ottawa protected from developers. What we can do is remove grass and use ground covers, shrubs and trees to attract wildlife. We can set up block environmental programs in the same way as we set up block parent programs so that communities, instead of our school system, can teach natural environments.
Margaret Clegg of the Cdn Organic Growers' Association gave lots of tips on making compost which saves on expensive chemicals and improves soil structure. Fewer pests are the result of composting and mixing your crops. Besides the typical household rubbish (of which 1/3 is food waste) like potato peelings, and fruit skins she encourages us to use dog hairs, leaves, tea bags, and coffee grains. She emphasized good compost does not smell or attract bugs and is crucial for providing lots of good food. She referred participants to a pamphlet called "Composting for Gardeners" ($1.50).
A workshop well worth attending.

Workshop 4 - Waste Management
"Reduce, Reuse, Recycle"
The speakers for this workshop were Duncan Bury from the City of Ottawa and John Hanson from the Recycling Council of Ontario. Both speakers believe that recycling will be economically viable in the future. They expressed the need to have more businesses involved in recycling as well as apartment building dwellers. Concern was raised over our health and safety with regard to landfill sites, not to mention the loss of valuable land. We need to establish priorities in all aspects of waste management. As individuals we have to take responsibility in our daily lives to "reduce, reuse, recycle". It was suggested that preferential treatment be given to secondary industries, eg. recycled paper, etc.

During the afternoon, brainstorming sessions were held. Three recommendations from each session were put forward for review.

AEHA Ottawa had a display table on which pamphlets and newsletters were made available. Thanks to Grace Crout, Elizabeth Stutt and Penny Corbin for representing the organization.

le germe d'une idée
a germ of an idea

sa croissance
the source form which something grows

le fruit: un nouveau nom et un nouvel environnement
our new name and location reflect that continuing growth towards wholeness

Le Grain de blé
The Wheat Berry

aliments naturels et biologiques • organic and natural foods

- produits microbiotiques
- fruits et légumes frais biologiques
- produits de beauté et de santé
  Weleda
  Dr. Haushka
  Paul Pender
- détergents biodégradables
- sandales Birkenstock et Linn
- organic bulk foods and coffees
- supplements and vitamins
- Bach flower remedies
- Champion and Nutrimax juicers
- non-animal tested cosmetics

206, rue Main
Ottawa (Ontario)
K1S 1C6 (613) 235-7580

206 Main St.
Ottawa (Ontario)
K1S 1C6 (613) 235-7580

cinquième porte au sud de notre ancien local • just five doors south of our old location

Lawn Care

CHEMLAWN SPRAYING NOTIFICATION REGISTER

Again this year Chemlawn, a local lawn care company, is continuing its public service by establishing and/or updating a list of persons who wish to be informed when a Chemlawn service application is scheduled near their place of residence.

You will find a removable Request Form in this issue of Eco-Sense which, when completed and sent to Chemlawn, will serve to have your name added to the list. The idea is that you will receive a phone call from Chemlawn 24 hours in advance of there being a lawn application nearby. The Request Form includes a variety of options to indicate to what limit you wish Chemlawn's notification to extend: distance from your home, what type of application, etc.

Ecolawn is an "all-natural" lawn care program which the parent company has developed and purports to replace the chemical applications used in the usual service. It is a granular product which is composed of bone meal, blood meal, and fish meal and is applied with a spreader. However, the safety of this type of application would depend on whether care was taken to keep these spreaders separate from those used with chemical applications in the regular program.

If your neighbours are using Chemlawn, it may be prudent for you to encourage them to switch to Ecolawn as an alternative.

WHILE YOU ARE GARDENING.....

ORGANIC GARDEN SOIL - With Gardening season just around the corner, and plans for new vegetable and herb gardens taking shape it would be wise to remember that to have "organic" produce your soil must have been free of chemical herbicides or fertilizers or non-organic produce dug back into it for a period of at least 4 years (5 is best). Do extensive research to determine the "past" of the soil you will be acquiring.

DANDELIONS - This poor little plant is much-maligned as it dares to invade our precious lawns, but before or while destroying all but a few for colour, think of the high nutrient value this bit of early summer has to offer. It is a herb and one of nature's best medicines, playing a role in the treatment of eczema, dropsy, diabetes and with its high mineral content, anemia. It is good for enlargement of liver and for pancreas and spleen problems. The root is used in the treatment of hepatitis and jaundice and in kidney formulas. The root roasted is a great coffee substitute. Obviously all but the latter use is confined to informed practitioners and the medical and pharmaceutical communities, so experimentation is not advised. What a pity the dandelion is treated so badly when it contributes so much.

CANADIAN ORGANIC GROWERS - GARDEN AND YARD SALE
Saturday, May 19, 623 Echo Drive, 9:30 - 5 p.m.
Non-Chemical Fertilizers will be available: Liquid Seaweed or Peat moss and Shrimp Compost ($8/bag). Perennials, House Plants, Aloe Vera, Spider Plants.

BOOK REVIEW

by our Resident Book Worm

THE CHEMICAL-FREE LAWN: The Newest Varieties and Techniques to Grow Lush, Hardy Grass, Warren Schultz; Rodale Press, Emmaus, Pennsylvania, 1989. 194 pages, over 120 illustrations, 48 tables. Approx. $20.

How can you have a great lawn without using pesticides, herbicides and chemical fertilizers? This comprehensive book will help you achieve just that. Its approach is simple. Taking into consideration the macro-climate and micro-climate of the lawn such as: winter severity, sunlight, rainfall and soil type will help the gardener make an educated choice regarding the grass or ground cover varieties best suited to his lawn. Consequently, a grass variety growing in the conditions for which it was developed is more resistant to disease and pests.

The book covers topics such as: diagnosing lawn problems, choosing grass or ground cover varieties, seeding, sodding, sprigging, feeding the lawn, watering, mowing, chemical-free disease and bug warfare, disease diagnosing and practical cures.

The 9 chapters are broken down into numerous sections. The heading of each is clearly identified by large bold print. Bold print has also been used throughout the book for individual words making it easy to find a particular topic. Each chapter has many excellent boxes listing or summarizing material. The detailed drawings facilitate easy bug and weed identification.

In conclusion the reader will learn that it is possible to have lush, weed-free lawns that are also chemical-free.

SHEAR INDULGENCE is a new concept. An environmentally friendly hair studio for you. Having (chemical) allergies myself, I designed a studio in which I can work freely. I am able to offer fellow sufferers, plus environmentally conscious individuals, comfortable surroundings in which to have your hair styled without harmful and bothersome odours. I use only holistic shampoos & conditioners. The studio is also nonsmoking. I discovered my interest and success in hair designs 11 years ago. After finishing my education in commercial art, I continued with advanced courses at VIDAL SASSOON ACADEMY, New York and Chicago, JINGLES, New York, plus TREVOR SORBIE, London. It enabled me to achieve a wide spectrum of clientele, including well known and current national T.V. personalities plus local news crews. I can give you the highest quality cutting plus styling with the latest techniques in a healthy and friendly environment. For allergy sufferers or those of you just looking for a great cut, it would give me pleasure to meet with you and help you achieve the look to complement your lifestyle.

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WOMEN'S SHAMPOO / CUT & STYLE
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TAPE REVIEW - SILVER MERCURY AMALGAMS
by Pat Gorgas

The following is a summary of a tape from our tape library entitled "Mercury in Dentistry - More Toxic than Lead, More Toxic than Arsenic" by Donald Barber, DDS, Founding Member of the International Academy of Oral Medicine Toxicology and Founder of the International Dental Study Club.

The consequences of long-term exposure to inorganic mercury in man are unknown. There are many forms of mercury; vapour, inorganic, etc. According to the Textbook of Pathology, there have been reports of a toxic reaction occurring from the absorption of mercury in dental amalgams. Long-term exposure can produce symptoms after decades and the cause at that point difficult to establish. Prolonged exposure may result in neurological symptoms and take years to appear, disable and/or diagnose or, on the other hand, be obvious only after a few weeks. Mercury slowly accumulates in the body tissues and puts the immune system in jeopardy and without exception anyone who has mercury in their dental filings has it also in their brain tissue. Few obvious neurological signs appear until the advanced stages of toxicity. Some people can tolerate a lot of mercury however without showing signs of distress.

There has been no conclusion as to what is the minimal amount of mercury to avoid becoming toxic, but "poison" is considered to be the intake of a substance into the body in a dose in excess of 1.0 milligram for it to be injurious to health or dangerous to life.

Diagnostic: Most physicians are not trained to recognize the signs of mercury toxicity in patients, therefore it is not considered diagnosing. Mercury vapour accumulates in the brain. The exposure to this vapour brings on personality changes; emotional and physiological disturbances. A urine test for heavy metals that registers "zero" indicates that the body is retaining the mercury in tissues. Once it is trapped in the body tissues it is very difficult to remove. A test which will demonstrate very quickly if there is mercury vapour present in the intro-oral air is by the General Mercury Vapour Analyzer.

Conclusion: The American Dental Association has had to admit that mercury vapour does emit from teeth where there are mercury amalgam fillings and they have not been able to scientifically prove that it is safe. The Swedish Government Health Board has declared that mercury amalgam is toxic and unsuitable as a dental material. The Federal Drug Administration (U.S.A.) has stated that there is adequate evidence that dental amalgam restorations during and after placement result in the release of mercury into the body. Whether this is due to the placement procedure, surface abrasion or corrosive breakdown, there is evidence that a low level of mercury release continues for years. It is generally agreed that if amalgam was introduced today as a restorative material, it would never pass the F.D.A. approval. It is very possible that we have accepted a potentially dangerous material as being safe.

For more information on this subject, refer to other tapes in the AEHA Tape Library such as Dr. D. Barber's "Mercury Breath - Is the Mercury in your Silver Fillings Poisoning You?" and Dr. J. Jones, M.D. speaking about "Testing for Amalgam Hypersensitivity".

EDITOR'S NOTE: Don't undertake this procedure in one fell swoop!

Returning to Work?

CPP DISABILITY RETURN-TO-WORK OPTIONS

How would returning to work part-time or full-time affect a CPP disability pension?

Dr. Lloyd-Jones of CPP informed me that there is a Rehabilitation Program to help people re-enter the workforce. All CPP disability recipients must inform the local CPP (for Ottawans, Lisgar Street, 990-1500) if they return to work. The recipient must provide CPP with the following information:

- number hours a week to be worked
- dollars earned per hour
- days to be worked (i.e. Tues & Thurs.)
- employer for whom he/she plans to work
- type of work done (This is where it gets tricky. If you are doing the same type of work as you were when you applied, then it may be difficult for you to claim you can't work full time. What if you can only work 10 not 40 hours a week?)

There are 3 options:

1) 3 Month Trial Period:
If the recipient works part-time, not longer than 3 months, he/she may in some instances still keep the CPP disability pension. The trial period is considered to be over if the recipient is able to work longer than 3 months. After 3 months the recipient will lose the disability pension. Criteria for entrance into the above are:

- ability to work
- vocational ability, any changes in what you can do since you got sick. (i.e. retraining, or can't do certain jobs)
- medical condition,information supplied by doctor
- supplementary information

2) Reinstatement possible within 1 year if recipient unable to continue working:
If a CPP recipient returns to work and must stop within one year, and if the medical evidence shows he/she still has the original medical problem, then the CPP recipient can get re-instated immediately without going through the re-apply process.

3) Part-time work all the time with CPP disability pension:
Some recipients can with their doctor's permission work regularly part-time. If recipient has a medical condition which won't allow him/her to work full-time, he/she may in some cases be able to work regularly part-time. The job is usually different and less demanding than his/her original job. If the recipient earns less than about $6,700 a year, he/she may be able to work regularly part-time and still receive his/her full CPP benefit.

Once a recipient has arranged to start part-time work, but before he/she has started to work, the recipient can REQUEST A RULING. The recipient can write CPP on Lisgar Street or call 1-800-267-3391 and request a ruling on how starting to work will affect his/her pension. It wasn't possible to get an idea as to how long it would take, however I was told it would not be the same day. REMEMBER, GET IT IN WRITING!

* * * * * *

On January 18,1990 the Independent Living Centre organized a full day public forum to inform the disabled community in Ottawa on the practical implications of "the Ontario Human Rights Commission's Accomodation Guidelines for Persons with Disabilities". The following are highlights:

. If you are applying for a job you don't have to anticipate all the possible what-if situations. The important thing

is that you can do the essential parts of the job (according to the job description) and can do them even if accomodation has to be made regarding different equipment, such as air purifiers, or physical modifications made to the office, such as elimination of synthetic materials.

. job descriptions must be very specific as to duties and it is considered discriminatory to use "cheap screening mechanisms" as job qualifications which are not necessary for the job. e.g. high school diploma to sweep floors.

. the Ontario Human Rights Commission is considering that, for people for whom air quality is an important health issue (like asthmatics), air quality is an accessibility issue. In other words, a person can claim discrimination if the air quality in public places, such as government buildings, stores, schools is making them sick.

. In the past, accessibility has been thought of in terms of wheelchair accessibility, but Ontario Human Rights now acknowledges that air quality is an accessibility issue.

Available free from the Ontario Human Rights Commission is a 22 page booklet titled "Guidelines for Assessing Accomodation Requirements for Persons with Disabilities".

Did you know?

. Presently, 20% of the population is disabled.

. 99% of women who become disabled lose their husbands.

. 80% of men who become disabled have marital breakdowns (or lose their wives).

. The majority of disabled start life as temporarily able-bodied (in other words, healthy). Some of our members became ill over time, others have children who are born that way.

. A very high percentage of people (like the environmentally hypersensitive) do not consider themselves disabled.

(Notes taken from comments made by Debra Rice from Health and Welfare Canada and Jodey Powers, Commissioner of Ontario Human Rights).

* * * * * * *

A free service is now available for anyone having problems in their workplace or thinking about going back to work. Free consulting information is available to your employer about how to accomodate your special needs. The Canadian government bought into the current American system "Job Accomodation Network". Two consultants are working full-time to provide information to Canadians for employers or landlords on how to accomodate disabled persons including the environmentally hypersensitive. Information is available in french or english and is provided free of charge. Call 1-800-JANCANA between 8 a.m. and 4.30 p.m. eastern standard time. We would appreciate feedback from any member who uses this service. Call Grace at 725-9477.

Thanks to Bob and Grace Crout for this valuable information.

IMPORTANT NOTICE

The 5th International Conference on Indoor Air Quality and Climate: INDOOR AIR '90 is being held in Toronto 29 July to 3 August 1990. For more information call (613) 748-2715.

Sharing Information

LOBLAWS GREEN BRAND LAUNDRY DETERGENT:

Like many other chemically sensitive folks, Barb Bellin was delighted when Loblaws introduced its line of "Green" products and last fall decided to try the unscented phosphate-free laundry detergent, with excellent results, at first. She found she could tolerate it well, it had relatively little odor and left an acceptable level of residue in the laundry. All that pleasure was short-lived however.

As a concession to Barb, her companion started to use the unscented Loblaw brand. He shared the use of her first box with her, then purchased his own (2 boxes) for his own supply and proceeded to use it for all his laundry at his home. After having been apart for several weeks during which time Barb had no contact with his laundered items, they discovered that the odor from his clothing caused her great discomfort. They examined the situation and agreed that the only change was his recent use of the Loblaws Green detergent. They compared the small amount left of the detergent Barb first purchased last fall which has very little odor with that which her friend had been using. The newer lot has an extremely strong, pungent odor. It had permeated all of his clothing and bedding and proved to be so persistent that at least eight washings in a variety of safe products including LaBalance detergent, baking soda, borax, Shaklee's Basic-H and trisodium phosphate have failed to remove the odor and the items are not usable.

Barb wrote on January 30 last to the President of Loblaws, with a copy going to Pollution Probe. She asked for reimbursement of the price of the offending boxes of detergent, confirmation from Loblaws that there has indeed been a change in the formulation of the product since the batch from which her first box came and a re-examination by Loblaws of its claim that the product is environmentally "friendly".

The last week in March Barb received a reply from the Quality Assurance co-ordinator of Loblaws covering a laboratory report. It states that they hold back a small portion of each batch of laundry detergent and it shows that there hasn't been any change in the formulation. However the implication is that there is a range which they consider acceptable to them between non-detectable to slightly fatty acid or soapy smell. The covering letter advised her that there are always extensive tests before labelling and apologized to Barb for her difficulty in using the two subsequently purchased boxes of detergent. She was also reimbursed $12 to cover the purchase price of the two offending boxes.

Loblaws probably is none the wiser to the problems of the environmentally sensitive as the word fragrance was used in the letter of reply whereas Barb did not mention a thing about scent, fragrance, or perfume. No response has yet been received from Pollution Probe.

SCENTED DISCOUNT COUPONS NOW!....

In mid-March I received an envelope of discount coupons, unsolicited in my mailbox. Opening the envelope released a very strong sickly sweet scent which immediately gave me a sore throat, itchy nose, headache and brain fog. It turned out to be a coupon good on the purchase of Camay soap. As far as I could determine from a brief (all I could stand) examination, the promotion showed 3 Camay bath bars with some kind of patch strips on each apparently illustrating

in the most obnoxious way 3 new scents they hope to market. I am very offended by this invasion and have written to Proctor & Gamble to complain. A copy of my letter has also gone to Pollution Probe and Consumer and Corporate Affairs Canada, Consumer Services Bureau.

It is pure ignorance on the part of this company to liberally use this form of promotion without regard for the possible consequences to the recipient. It is definitely not in keeping with the publicity being given to the adverse effects for our environment of perfumes and scents being added to every darn thing we use. The U.S.A. seems to be much more sensitized to this matter, at least in the state of New York where legislation is being considered to ban fragrance strips from advertising in magazines and mailings.

If you have received this discount coupon from Proctor & Gamble or if you have unhappy experiences with unsolicited perfuming, or if you just would like to join in sensitizing our governments to these unnecessary practices and the peril they pose to the chemically hypersensitive, don't keep silent.

Non-Chemical Hair Perms: The Carlingwood Hair Corner uses European perms made from natural ingredients. Elizabeth Stutt passed this on and the perm solutions she has tried are well tolerated by her.

GOOD PRICES: Xtra Store near Pascal's Hardware on Merivale Road carries a good assortment of bulk foods and vitamins - Quest and Jamieson vitamins are at quite a saving.

COTTON GARMENTS: Maggie's, Bi-Way and Giant Tiger all have reasonably priced cotton clothing, especially for summer. Maggie's is the best for cotton sweaters year-round.

COSMETIC ALLERGIES: This from a piece in an old Woman's Day issue....Avoid allergic reactions to skin care products and cosmetics by doing a patch test. Dab a nickel-sized blot of the product on the inside of the elbow twice a day for four days. If you get a rash, discard the item. Try one thing at a time. Save ingredient labels (if any) in case there is a reaction to the product. Comparing several may shed light on identifying an offending allergen.
What do the terms "Fragrance free, Hypoallergenic and Dermatologist-Tested" mean? Fragrance-free means you won't find perfume in these products. However small amounts of fragrance maskers used to block undesirable odors, could cause problems. Hypoallergenic means that the product is probably free of known allergens. With no set standards, however, some products could be more "hypoallergenic" than others. Trial and error and reading labels are the only ways of determining their individual suitability. Dermatologist-tested simply means that the products have been tested by a skin doctor mostly for allergens and ingredients that cause acne. But there is no guarantee against a reaction.

ATTENTION WOMEN WITH DISABILITIES: Short stories, essays, poems, quotations, graphic illustrations, cartoons, black and white photos, etc. are currently being sought for a Disabled women's anthology. Anticipated deadline December 1990. Contact: Kelly Wheeler, 15165 - 88th Avenue, Surrey, B.C., V3S 2S6 (604)588-1237.

Household Hints

Formaldehyde odor in fabrics can sometimes be removed with milk, of all things. The formaldehyde reacts with the milk protein, and the resulting chemical compound can then be washed out.
Use ca. 3/4 to 1 cup of powdered milk in a washing machine filled with warm (not hot) water, or ca. 1/4 to 1/3 cup to a pailful. Let soak several hours or overnight. Rinse, then wash with your usual safe laundry product. You may need to repeat the process. It doesn't always work, but it's worth trying. (B. Bellin)

* * * * * *

If you're bothered by the smell of household lubricating oil (and who isn't?), vitamin E may be the answer. I don't know how good it would be for delicate machinery (e.g., a sewing machine), but I've had good results with it for squeaking castors and door hinges. Just break open a capsule, and use a toothpick to spread the oil where it's needed. (B. Bellin)

* * * * * *

Carpet Cleaner: Mix together 2 cups cornmeal and 1 cup borax. Sprinkle over carpet, leave one hour and vacuum. This cleans and deodorizes the carpet. For regular deodorizing, sprinkle with baking soda before vacuuming. (J. Benson)

* * * * * *

Too many hours spent on your computer? Try soaking in a tub full of warm water with 1 cup of baking soda and 1 cup of sea salt for 20 minutes. Also, wearing 14K gold while working on your computer is helpful. (D. Pederson)

* * * * * *

Crystal Air wall sealant (transparent) and Crystal Shield sealant paint is available from Smith's Pharmacy, 3477 Yonge St., Toronto, Ontario, M4N 2N3. (416) 488-2600.

* * * * * *

Safe caulking for outdoor and indoor use CSL Silicones, 144 Woodlawn Rd., Guelph, Ontario. N1M 1B5. (Ask for fungicide free #166/243)

* * * * * *

If you have hints to share with other members give Judy a call or drop her a line through our P.O. Box.

FOR YOUR ATTENTION

Penny Corbin has recently finished compiling the helpful hints published in our newsletters from 1977 to 1989. Areas covered include household, painting, food, gardening, water and personal care. We would like to have some ideas of how many copies to get printed. There will be a nominal charge over and above the cost of printing and postage which will help us to meet fundraising objectives for 1990. Keep in mind that the more requests we receive the cheaper the printing costs. If you are interested in receiving this 30 page summary of helpful hints, give Penny a call very soon at 225-1462.

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√ Many 'natural' products not readily available elsewhere.
√ Family section includes products for baby including bio-degradable diapers and environmentally friendly Cloth Diapers.
√ Unique and 'Glebe' exclusive gift products not normally found in Drug Stores.
√ Home Birthing supplies.
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An Environmentally Friendly Holiday

by Grace Crout

After having spent five summer vacations in a row at home, we decided to visit the Maritimes for a holiday in 1988. That year we went to New Brunswick and Nova Scotia. New Brunswick was not so successful (environmentally speaking for me) but we were so delighted with the part of our holiday we spent in Nova Scotia and the beneficial sea breezes, that we returned there again last year.

We found Nova Scotia was the best for environmentally hypersensitive folks. Nova Scotia's free 300 page tourist guide provides general write-ups on each area, a list by town of accommodations (motels, hotels, bed & breakfasts, cabins), campgrounds, day use & picnic areas, park sites and museum attractions. By reading the general descriptions and looking at the advertisements we found we could avoid the intensive agricultural and industrial areas and choose inexpensive environmentally friendly places to stay and explore.

On both trips we took food along. On our first trip we ate only dinners in restaurants. We saved money on our second trip by eating in a restaurant only once a week.

A unique feature of Nova Scotia was the tourist bureau. Each town's tourist bureau had the menus of all the restaurants in that town. Frequently the tourist bureau staff knew which items on a particular menu were wheat and dairy free. If any question arose they couldn't answer, they didn't hesitate to telephone the restaurant to inquire. Consequently before we entered the restaurant we knew what ingredients were in an item and how it was or could be cooked. Without being asked the restaurants often offered to modify methods of cooking or ingredients in order that we could eat their food. And this in the height of tourist season.

Camping is not possible for us, so we were delighted to find that the more inexpensive accommodations were usually also the most environmentally friendly. Our preference was for cabins or motels with housekeeping units (refrigerator, 2-burner stove). Often the furniture was of mixed styles, however there was no pressed board. It wasn't fancy, but clean, more than adequate and most important environmentally friendly.

The most important aspect of the trip was the planning we did TWO WEEKS BEFORE LEAVING. We made and froze various kinds of muffins, fruit squares, bean and supper dishes. We found wide round topped preserving bottles are less likely to crack and easier from which to remove the partially thawed contents.

We bought one and two litre plastic bottles of spring water, the kind we tolerate. After pouring out a little to allow for expansion we froze these bottles of water, to use in our cooler instead of ice. They were better than ice as we could refreeze them and drink the water.

We travelled with a 9 litre jug of spring water, three coolers, one for our frozen food, one for fresh vegetables from our garden and one for dry goods. We had a small insulated lunch box. Each day we filled it up with food on that day's rotation diet. The frozen food kept the other food cool. By dinner time the supper dish or beans were thawed. Because we opened our frozen food cooler

only once a day, and because each night we refroze the thawing bottles of spring water, we still had frozen food 5 days after leaving home. (motel restaurants will also put the bottles in their large freezer.)

We took our own dish and laundry detergent, shampoo, hand soap, bath and dish towels, face cloths, and bedding, air purifier, cold pressed oils, frying pan, one pot, eating utensils and dishes. We think the latter are necessary as many of the housekeeping cabins we stayed in had plastic glasses and aluminum cooking ware.

We travelled during the morning and found we got the best accommodation when we stopped between noon and 2 o'clock. However some days we did travel till 4:30 in the afternoon. However if you are in Cape Breton look for accommodation before 2 o'clock.

Although Nova Scotia has a free accommodation reservation service we didn't use it. By referring to the map and guide descriptions we chose environmentally friendly towns that were, away from industrial areas, high elevation, or by the ocean. Using the guide we circled accommodation in the lower price ranges for these places.

When we arrived at a prospective accommodation, we asked to inspect the room, explained about environmental hypersensitivities and requested a room with no carpets, wallpaper, nor recently painted or renovated. We found most proprietors most helpful, even volunteering other information or asking questions.

Upon finding acceptable accommodation we turned on the air purifier and went out to explore the area. A word of caution: some older cabins may not have 3 hole prong plug electrical outlets. After our frozen protein ran out, each afternoon we bought fresh fish for dinner. Although we can't tolerate fresh fish sold in the grocery stores in Ottawa, we found we could eat it in Nova Scotia. We can't tolerate meat.

Our experience demonstrated that if you want to travel you can with sufficient planning. If you haven't travelled you might want to start with a weekend. In this way you will find what works for you. The expression "A change is as good as a rest" was true but not only was our trip restful, we've been savoring the memories all year.

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Home Renewal Program for the Disabled

by Elizabeth Stutt

In January 1989, my husband and I applied for the Home Renewal Program for the Disabled. By mid-November our home renovations had been completed; these renovations included replacing our gas furnace with a Thermo 2000 boiler and electric forced air furnace, adding a purafil filter, adding an air-to-air heat exchanger; removing carpets, sealing aspenite subflooring and adding maple hardwood flooring (sealed with polyurethane). We are very pleased with the results. Now that we are back in our house (after seven weeks with my parents), we have found the air quality to be much better. I thought you might like to read of our experiences so that you may learn from our mistakes.

As was outlined in the Winter 1990 issue of the "Quarterly", this program is available to the environmentally hypersensitive. If your family income is under $45,000, you may be eligible for the entire $15,000 grant.

We actually started our journey by contacting an Environmental Consultant in December 1988 to obtain her advice on which products we could use in our basement so as not to further aggravate my problems with our home. She advised many changes to our home before tackling the basement, as well as lifestyle changes (stopping the use of household chemicals, etc.). She told us about the Home Renewal Program for the Disabled and about the Allergy and Environmental Health Association.

We contacted the City of Nepean administrator for the program, Mr. Eric Cooper, and subsequently received the application form with instructions to complete Part I. We completed Part I by ourselves. We received an acknowledgement of our application and were put on a waiting list since no funds were available at that time. It was rather discouraging to see our file number (#443) but I kept a positive attitude: "We will get this funding!"

When the new provincial budget came in, the city administrator contacted us and requested that we proceed with Parts II and III of the application. Here is where we made our first mistake... we requested and received quotes on the work we wished to have done without the benefit of detailed specifications for our heating requirements. Prior to completing Part II, however, we did contact our consultant for advice and she prepared detailed specifications for us. We then asked our proposed contractors to amend their quotes to meet these new specifications.

Our consultant also drafted an excellent letter outlining my disability for signature by my physician and prepared an excellent report outlining the changes required to improve our air quality which we submitted along with Part II of our application; she also assisted us in completing Part II. Since we had some fine-tuning to have done on our quotations (extending the dates - always ask for 180 days to give yourself enough time), we asked for an extension of time for the submission of Part III.

Our consultant helped us decide which contractors to select given that the electrical contractors had different philosophies on how the job should be done. She assisted us with the completion of Part III and within three weeks we had our "go ahead" from the

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administrator.

Within six weeks our work was completed. We had the electrical contractor in first because I had to be around to wash pipes, etc., and then had our flooring contractor come in after my husband and family had removed the carpets and sealed the aspenite flooring.

One contractor was not happy with the two months it took to receive payment and did put some stress on us. So, I would suggest that you ask for a 60-day payment period unless you are prepared to take a lot of flack or to go to your friendly banker for interim financing.

I hope this will help you a little in your quest for this funding. The effort was certainly worth it to me and my family. If you would like to talk to me about the process or to visit our home to see if you can tolerate the changes we made, please feel free to call me at 825-8388.

EDITOR'S NOTE: Elizabeth cannot stress enough the importance of having a consultant's advice. She feels without it she would not have been as successful in obtaining the grant. Also, the consultant's fees can be applied to the grant and in fact, if you are told to proceed with Part II, the consultant's fees are paid whether or not you receive the grant.

SOCIAL SOCIAL SOCIAL SOCIAL SOCIAL SOCIAL SOCIAL SOCIAL SOCIAL

CLIP & SAVE CLIP & SAVE CLIP & SAVE CLIP & SAVE CLIP & SAVE

Pot Luck Supper

Friday, June 1, 1990 6:30 p.m.

Craft Room - McNabb Community Centre

Bring a dish to serve 4, your own plates, cup, glass, cutlery (if you don't like plastic and styrofoam). Have your recipe handy to share. Call Bev at 832-2303 if you have any questions.

* * * * * * * * * * * * * *

Summer Country Picnic

Saturday, August 11, 1990 3:00 p.m.

Bring your favorite dish, drink, plate, cutlery and folding chair.
Come and enjoy this time in fun and fellowship and good clean air.
Have a look at a fantastic organic garden.
Herb tea (garden-grown) and fresh vegetables.
Please phone Virginia 1 week in advance as an RSVP
and she will give you directions.
839-5667
Rain date is the following week, August 18.

Events Events Events Events Events Events

Our general meetings are held on the third Thursday of the month at the McNabb Community Centre on Percy Street at 7:30 p.m. Look for notices in the Ottawa Citizen and at various locations like health food stores. Our executive meetings are held on the second Thursday of the month and are open to all members. PLEASE REFRAIN FROM WEARING PERFUME, AFTER-SHAVE OR OTHER SCENTED PRODUCTS TO OUR MEETINGS AND WORKSHOPS.

May 17	Lynda Brooks and Gayle Laidler "Hidden Addiction in Allergies"
June 1	Pot Luck Supper 6:30 p.m. (See opposite page for details) No general meeting in June
August 11	Summer Country Picnic (See opposite page for details)

Workshops Workshops Workshops Workshops

May 12	Relaxation of the Body and Mind Moira Geller, C.P.A., T. Dip.
May 26	Cooking with Special Ingredients (Weekday classes can be arranged if there is enough interest) Janet Lee
June 2	Advanced Bach Flowers Lynda Brooks, R.N.

DEADLINE FOR REGISTRATION IS TWO WEEKS BEFORE WORKSHOP DATE. PREPAYMENT OF $10 IS DUE ON THAT DATE. MAKE CHEQUES PAYABLE TO AEHA OTTAWA BRANCH. NO REFUNDS CAN BE GIVEN AFTER REGISTRATION DEADLINE. CALL PENNY CORBIN DAYS MON TO FRI AT 225-1462.

THERE ARE NOW A LIMITED NUMBER OF BURSARIES AVAILABLE FOR THOSE AEHA MEMBERS WISHING TO ATTEND AEHA WORKSHOPS BUT ARE EXPERIENCING FINANCIAL DIFFICULTIES. THE EXECUTIVE HAS APPROVED THAT THE $10 WORKSHOP FEE BE WAIVED AT THE DISCRETION OF THE WORKSHOP CO-ORDINATOR ON A CASE BY CASE BASIS.

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ANNOUNCEMENT

We're proud to announce that Rebecca Mason, a noted artist, who has kindly been providing art work for our Eco-Sense covers over the last 3 years, is one of the principals of a new art gallery. She and other artists will have their work on display at "Galerie Old Chelsea", 20 minutes north of Ottawa on Highway 5. The gallery is open 6 days a week (Tues. thru Sun.). Call 827-4945 for more information.

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION is a charitable organization under Canadian law, operating on a non-profit basis.

One of the purposes of The **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** is to promote the free exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment.

On a local basis, **ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION** Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms.

Membership in the **AEHA** includes a subscription to ECO-SENSE, the newsletter of the Ottawa Branch, and to The A.E.H.A. Quarterly, from the National Office. Each is produced four times a year. The cost of an annual membership and subscriptions is $20.

To become a member of AEHA send your name, address, postal code, telephone number and cheque for $20 payable to The Allergy and Environmental Health Association to:

The Allergy and Environmental Health Association
of Ontario
10 George Street, North
Cambridge, Ontario N1S 2M7

To make any enquiries of the Ottawa Branch or submissions to the ECO-SENSE, write to:

The Allergy and Environmental Health Association
P.O. Box 11428, Station H,
Nepean, Ontario
K2H 7V1

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CHEMLAWN

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7)	Please include service calls with possible pesticide applications	____	____
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9) The best time to contact me is from _____ to _____

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